



Media Advisory

Franklin County Board of Commissioners | Office of Public Affairs | (614) 525-3322

FOR IMMEDIATE RELEASE For Tuesday, September 4, 2012

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Franklin County Commissioners to Participate in National Childhood Health Initiative... and Showcase Easy-to-Make, Healthy-to-Eat Afterschool Snacks

With inactivity and obesity continuing to put Central Ohio children at higher risks for chronic health and physical problems, Franklin County Commissioners will announce on Tuesday the County's participation in a major national childhood health initiative - starting with tips for parents on easy-to-make, healthy-to-eat afterschool snacks.

Over the past three decades, childhood obesity rates in America have tripled. Nationally, nearly one in every three children or teenagers is overweight or obese. The numbers are even higher in African American and Hispanic communities, where nearly 40 percent of young people are considered overweight.

On Tuesday, Franklin County will launch a series of efforts aimed at empowering kids and their families to discover the fun in healthy eating and exercise.

With help from a local nutrition expert and a class of preschool students, Franklin County Commissioner President Paula Brooks and YMCA of Central Ohio President Andrew Roberts will demonstrate how to fix afterschool snacks that are easy for parents to make and healthy for young children to eat.

WHAT:

Launch of New Franklin County Childhood Health Initiative

WHO:

**Franklin County Commissioner President Paula Brooks
YMCA of Central Ohio President Andrew Roberts**

WHERE:

**Hilltop YMCA
2879 Valleyview Drive, Columbus 43204**

WHEN:

**Tuesday, September 4, 2012
2:00pm**

GREAT VISUALS:

Commissioner Brooks and YMCA staff will prepare snacks for preschool class

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